

Prevalence of genitourinary symptoms and metabolic syndrome among South Indian postmenopausal women attending tertiary care centre.

Abstract

Purpose

Menopausal symptoms are major concerns of postmenopausal women. Menopause is associated with increased prevalence of MetS which predisposes to cardiovascular disease. The objectives of this study was(1) to assess the prevalence of MetS among south Indian postmenopausal women, (2)to study the correlation of MetS Vs menopausal and lower urinary tract symptoms (3) to study the correlation of body composition among women with MetS

Methods

We recruited 154 women who attended menopause clinic, Christian medical college ,Vellore . Metabolic syndrome was diagnosed using IDF criteria.Menopausal symptoms were assessed using Menopause Rating Scale (MRS) questionnaire. Lower Urinary tract symptoms were assessed using Bristol questionnaire.Blood samples were drawn to assess serum fasting glucose and lipid profile, in all participants. DEXA whole body composition was performed in 88 subjects.

Results Of 154 postmenopausal women, 99 (64%) women had metabolic syndrome (Mets). Hot flushes (**P=0.03**) and heart discomfort (**P=0.006**) were greater in women with Mets. However, there was no significant difference was observed in the total MRS score between two groups. High triglyceride levels and an increase of the number of components of MetS were associated with a higher total subscale score of somatic symptoms (**P = 0.044**).

Conclusions Prevalence of MetS among our study population is 64 %. There was no significant difference in menopausal and lower urinary tract symptoms in women with MetS and without MetS. Further studies with larger population group are warranted to identify the association between genitourinary symptoms and MetS in postmenopausal women.

Key words: post menopausal women, metabolic syndrome, genitourinary symptoms.